(TMI Focus, Vol. XXXIII, Nos. 1 & 2, Winter/Spring 2011)

GATEWAY VOYAGE® IN BRAZIL

by Deborah Sachs, MA

Deborah Sachs was born in the city of Rio de Janeiro (State of Rio de Janeiro, Brazil), and has traveled the entire country during her life. She lives in Rio de Janeiro with her husband and has a son and a daughter, both married (living nearby her house), and a bright granddaughter who is almost two years old, raised with Metamusic® since newborn (she shows special abilities/skills everyone can perceive). Deborah has a Master's degree in Education and works as an Educational Therapist as well as a Counselor in Education. After receiving her graduate degree in "Biophysical Basis and Epistemological Integration Brain-Mind-Body-Spirit" and getting in touch with TMI first by Gateway Voyage® *and then* Lifeline®*, she was invited by Laurie Monroe to become an accredited TMI Outreach Facilitator. Doing TDAP and after that ORCA, she was accredited as an Outreach Facilitator in 1999. Since then Deborah has facilitated around 150 workshops in Brazil—Excursion Workshops as well as Advanced Workshops. Recently, in 2009 she was accredited as a Residential Trainer.*

I learned from Bob Monroe not to be afraid of coming forward and saying, "Ok, I have known how to perform astral voyages since I was a little kid, I was born this way, and this is fine." So, now I want to help others to understand this path and release any fears about it. I will do everything I can to help as many people as possible in their discovery of both their Inner Self and Essence through all those wonderful tools that TMI offers! I always had a dream to bring the *GATEWAY VOYAGE* program to Brazil, answering the call of my participants who couldn't go to TMI due to the language barrier as well as the high price of international air tickets. Last year, in November 2010, this dream came true with the help of Darlene Miller, Paul Rademacher, Skip Atwater, and Carol Sabick. After my translation of all exercises into Portuguese, Patrick Mooney helped with the Lab work by recording and burning all CDs for the *GATEWAY VOYAGE* Program in Brazil.

Zilda, a participant at the workshop who had already been to TMI said, "On April 2009, I was at TMI doing *GATEWAY VOYAGE* with some friends. This was a very good experience, but didn't change my life. The English language was a barrier in all debriefing's opportunities ... and something was missing ... then I recycled *GATEWAY VOYAGE* in Brazil, and this time my life changed! All debriefings were longer and understood, without any final truths because this opens the mind and heart for deeper inner movements ... Since then I've been doing Hemi-Sync® exercises every day. Deborah got the equilibrium among men and women, younger or older in the group... Each activity, an exercise, a meal, or a documentary was lived as a unique Experience. I'm deeply anxious for *GUIDELINES*® next."

Brazil is the largest country among 13 others in South America, with a population of almost 200 million inhabitants. Geographically speaking, it is the size of a continent. The Portuguese language is spoken through the entire nation, with the percentage of people who can understand English less than one percent. It does not matter if one has studied English grammar in high school, if you can't engage in a conversation. Katia, a participant of several workshops said, "I was very grateful for *GATEWAY VOYAGE* in Brazil. I learned self power and patience, as well the most important thing for me: How to deal with my fears. Thank God we have *GATEWAY* here!"

I selected a special Retreat Center located at the Atlantic Sea Forest in Rio de Janeiro; one located 900 feet above sea level, with a spectacular view of the sea downhill and the majestic 2,700-foot granite Gavea's Rock (engraved with Phoenician hieroglyphs on top) by the side of the Retreat Center. This colonial building, built in the early '20s, detached itself in the middle of imperial palm trees and this luxurious brilliant untouched forest. Pure nature! Pure breeze! Pure silence, three minutes from the traffic downhill!

Gavea's Rock–Photo courtesy of Deborah Sachs

Thiery was blasted by the environment as soon as he arrived from São Paulo. Mouth opening, taking pictures of everything around him, and when asked what he liked the best about the Program, his answer was, "Everything and one more week Program at least ... to continue improving my life with all those Hemi-Sync® tools. I learned to relax deeply. Coming back to real life I felt like an astronaut, and since *GATEWAY* I'm having OBEs easily, whenever I want."

Everyone in the group had his/her own room, because this entire big house was just for us! So every participant had a wonderful view from their windows. The privacy and silence contributed to everyone having special moments. As Roberto said, “My expectation for *GATEWAY* program was self-knowledge, and I met that goal one hundred percent. I learned to unlock my emotions as well. And more than anything I had the opportunity to go deep inside myself.”

The food was prepared by a chef who had graduated from The Cordon Bleu culinary school, so the three main meals were received with awe, as were the three coffee breaks throughout the day. Every evening we had wonderful cakes, pastries, and fresh juices celebrating six different birthdays during the week, as well as one couple’s anniversary.

The majority of participants on this *GATEWAY VOYAGE* program already had the experience of other Workshops with me (either *Excursion* or *Advanced*), but some came for the first time like Oscar, who said:

“This was my first experience with expansion of consciousness with the work of The Monroe Institute, and it was deeply transformative! I had several fantastic insights! The most important was about the results, because I changed my view of reality, perceiving the acting of until-then invisible Energies, the twist of time, and my kundalini awakening ... A lot of energy is flowing through my body and there is a different quality to my dreams since then, new perceptions in my relationships ... and no need of my wristwatch enslaving me during the day.”

Another one was Eliana who “found her expectations accomplished beyond any rational word and by far completely met at this Program.”

Brazilians are very much into spiritual work, and all workshops always came directly to the taste of our culture, where 92 percent of the population believes in life after life. Coming here and starting a workshop by saying the Affirmation “I’m more than my physical body” tuned the group towards their real way of thinking. Bob Monroe is totally accepted! So, bringing *GATEWAY VOYAGE* got everyone prepared and at the end surpassed their expectations, much more than everyone could imagine!

Percilio, a participant who experienced several workshops before, said, “To participate at the *GATEWAY VOYAGE* for a week, was an unforgettable experience, in the middle of so many like-minded incredible people, as well by the presence and support of our trainer Deborah .... and the participation of so many astral groups favoring and amplifying our perceptions. This was a week for deepening encounters and getting in touch with our Essence. I was able to dissolve barriers walking into new possibilities. The perception of integration was massive and deepening the concept that, ‘I’m more than my physical body.’ All that was experienced in an environment of happiness and great humor by the entire group. It was unforgettable and unique!”

Doing Exercises–Photo courtesy of Deborah Sachs

Each day, people awoke to the sound of a colonial bell from the house and within an hour everyone was laying down in the big room listening to “Morning Exercise.” Then it was off to breakfast. The energy rose since very early in the morning. Everyone’s eyes blinked in pure expectation like kids receiving different toys everyday.

Maria Helena said, “*GATEWAY* for me was really a different pathway, a divider! It nurtured me like I never experienced before! In the interpersonal field, I was too close with special people who gave me a good companionship ... The encounter with other Realities healed me in the Physical Body as well in the Soul. I do have an atavistic thirst for freedom, and all Monroe workshops are food and balm for me ... *GATEWAY* was a banquet! More than just a special week, *GATEWAY* converted everything in special. I’m very happy by encountering this pathway. The quality of my life expanded for the better! I want to continue with all other week-long programs, especially *GUIDELINES*.”

We had a group of 13 participants, because I was facilitating *GATEWAY* all by myself, and the instructions were for this maximum number of people in the group. Well, I perfectly understood the rule, because there was no free time for me. People were so happy having such great experiences, and even after long debriefings they still had some private talk to share with me. How many fabulous experiences! I was absolutely delighted by all those special accounts that my participants were having. They couldn’t stop talking about them; they were all feeling so happy.

Maria Inês who also participated in several workshops said, “One day before the end of *GATEWAY* program I was already missing the work! Deborah explained the silent morning and we went through the exercises. Right after I perceived some special presence with me. Tears

came down when I recognized in special RAM. Among tears and smiles, I entered the experience and for the first time I had a kundalini awakening. After that, all my sensations increased a lot, the images were clearer and easily perceived, and I could experience shamanic icons all around. This experience was so strong that it completely changed my life. I have been another person from that day on ..."

After lunch, participants could walk down the trails inside the forest, with a guide the Retreat Center offered us. Some little waterfalls helped them to ground a little before coming back for another round of exercises in the evening. Getting in touch with the immense power of an untouched forest gave them a majestic feeling of perfection!

During the week we had more. Like Marina said, “Out of my kundalini awakening, I got a lot of healing, I found different Realities and Dimensions, and to my surprise, unexpected extra explanation for the book on Biology I’m writing.”

Oh, yes ... During the last days of *GATEWAY VOYAGE* program we had five kundalini awakenings, spreading satsang energy to all other participants. Under the line of the Equator, everything is more intense. One must be used to that in order to understand how experiences are felt here. And the feedback of all participants was loud and clear: Please bring more Programs to Brazil!

Otavio, who also did several weekend workshops with me, said, “My most important learning this week was to surrender myself and to feel ok with that. The moments I most liked were the debriefings, where I learned a lot.”

The week went by so quickly, and all exercises were experienced in full energy. All people in the group, even those who had participated in several workshops before, reported a special discovery after the first exercises, increasing in deepness as the week was going on from Focus 10 ... to Focus 21.

Tania said, “This improved my experience and knowledge about expanded states of consciousness. I have learned some mental tools to understand some of my nonphysical energy and control my expanded states. I’m very happy! Everything this week was perfect, and I would like more programs in Brazil.”

At the end of the *GATEWAY VOYAGE* we had a fabulous barbecue party with music, at the Crystal House annex to the colonial building. Surrounded by the forest, we had a spectacular view of the sea and islands below, and of the Gavea‘s Rock. It was like a fascinating living movie with beautiful nature’s sounds around us.

Crystal House & Retreat Center–Photo courtesy of Deborah Sachs

After that barbecue we went to the big room again to finish all our activities, schedule rides to the airport, close the circle, and so on. Then we prepared the group to watch Avatar. The understanding of this special movie was applauded by the group, and I really recommend watching that movie in this special state of mind.

Photo courtesy of Deborah Sachs

All of then in the group made sure I would “fight” to bring a new Residential Program to Brazil in 2011. “*GUIDELINES*” is already being prepared with the (as ever) marvelous help of Carol Sabick to be offered in the week of October 23-29, 2011. Everybody who attended *GATEWAY VOYAGE* has already enrolled in *GUIDELINES*. They are really thirsty for more!

Arriving home, all participants discovered the last surprise, and some called me in tears on the phone. The “Gateway Take Home Exercise” was in Portuguese! The first exercise they have with them in a language they all understand. People are reporting their experiences of listening of that exercise every day, and very soon they will have another CD.

From my point of view, this is another gift the Universe is bringing to Brazil through the hands and cooperation of all the marvelous people at The Monroe Institute. I feel so grateful to belong to that incredible family. Laurie, here we go again!

With all my deep heartfelt thanks ...

Deborah Sachs

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.
© 2011 by The Monroe Institute